



# Health Care Worker Self-Care

Be kind to yourself, self-care is about actively looking after your own mental health and wellbeing so that you can be more effective in supporting the patients and clients you work with.

## Mindfulness

Be aware and acknowledge your reactions to stressful circumstances; allow yourself time to cope with these emotions. Be mindful of your own thoughts and feelings, and try to seek out the positives in these difficult times.

## Meditate



Meditation can help to reduce stress, improve focus and feel calm during times of change. There are many relaxation and guided meditations you can access online.

## Exercise

There are lots of ways to exercise in and around home. Go for a walk on our rail trail or follow an online workout. Whatever you choose, try and move your body everyday.

## Eat well

Good nutrition helps to build a healthy body and mind. Eat mostly nutrient-rich foods including fruit, vegetables, nuts and wholegrains.



## Seek help

If you, or someone you know, is feeling overwhelmed by the current situation please do not hesitate to contact

Lifeline: 13 11 14

Beyond Blue: 1300 22 46 36

Mind Spot: 1800 61 44 34

Nurse and Midwife support Helpline: 1800 667 877

RUOK?

Latrobe Community Health: 1800 242 696

Nurse and Midwifery Health Program Victoria

(NMHPV): 03 9415 7551

## Connect with colleagues

Talk with your colleagues about how work is affecting you. It is important to debrief. Check in with your workmates via; send a text, connect via WhatsApp or pick up the phone.

## Maintain a regular routine

Reduce your stress levels by controlling the things you can.

- Eat meals at the same time each day (where you can)
- Keep up your exercise
- Try to have a regular bedtime routine.



## Prioritise sleep

Stress can reduce our ability to get quality rest. To help your mind clock off:

- Develop a relaxed bedtime ritual
- Turn off the technology
- Limit your caffeine and alcohol consumption
- Get out into the sun in the morning

Other resources:

Nursewell App via [Apple Store](#) or [Google play](#).

Visit [Head to Health](#) or

[E-Mental Health in Practice](#) - There are many online services that offer support.

Don't forget about your workplace's EAP - Employee Assistance Program.



South Coast Prevention Team

Working with our community to achieve healthy lifestyles.

For more tips and ideas follow us on Facebook or our website.

This resource has kindly been adapted from Outer East Primary Care Partnership